



Newsletter

Wednesday 27 April 2022

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Welcome to new members Dave Mason and Caroline Cunningham this week

Tip: to get the most from the newsletter, view it on a PC or laptop.

Please submit any questions, complaints, photos, requests, articles, RACE REPORTS or equipment reviews to editor@lingfieldrunningclub.co.uk

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Trevor's Racing Roundup

Hello everyone.

Last Saturday we had a total of 37 runners taking part in the morning 5k parkruns, at the following 11 locations: East Grinstead (26), Bromley (1), Horsham (1), Kingdom (1), Medina loW (1), Nonsuch Park (1), South Norwood (1), Squerryes Winery (1), Tilgate (2), Westmill (1) and York (1).

We had a big turnout at East Grinstead where the parkrun was run in memory of our member **Karen Sparrow**. Karen's sister, Tessa Briggs, has done a loving tribute on the parkrun site [here](#) if you would like to read an account of the event.

Also particular congratulations to **Luke Davis** and **Dan Celani**, first home at East Grinstead and Medina loW respectively. All our runners' details are listed below.

As far as I know, the only other runners we had at the weekend were on Sunday at the [Run Thorpe Park 5k and 10k](#).

Richard Adams opted for the 10k, which he finished in 22nd place in a time of 46.08; this put him 2nd in his age category. The 10k winner was Mitchell Bunn. There is only one runner of that name in [powerof10](#). Assuming it is him, he's a young runner who seems to concentrate on the Kings Lynn parkrun, invariably winning, and where he has a PB of 16.06. So, he's pretty quick!

Both **Dee De Luca** and **Sarah Ferguson** ran the 5k event. Dee came 48th in an official time of 30.48, and Sarah Ferguson was not far behind in 54th place in exactly 32 minutes (a personal best). Both Dee and Sarah were 4th in their age categories. Well done, all of you.

The first lady in the 5k, was a Bethany Armitage. If [powerof10](#) is correct, Bethany was a promising school athlete in 2013 but has done no recorded events since then. She finished in 20.35, with the same time as the second male runner, so there's probably a lot more to come from Bethany.

What I can also share are the latest positions in this year's Open Grand Prix, after the Mel's Milers 10k on 3rd April. **Clare Berryman** and **Dave Worsell** currently top the GP tables after the first four events. Here are the totals for ladies and men.

I'm looking forward to seeing as many of you as possible at the first of the Handicap Grand Prix races, which start tomorrow with the 5k race down St Piers Lane. We start by the racecourse entrance at 7pm. Gary Spring has given more detail later in the newsletter.

Have fun and enjoy your running.

Trevor

	23-Apr-22	37	LRC parkrunners			
		Position	Name	Time	Age grade	PB?
<u>East Grinstead</u>		1	Luke DAVIS	00:19:00	71.32%	
109 runners		4	Steven PRICE	00:19:58	74.46%	
		7	James WILLIS	00:21:22	66.38%	
		8	Joe ROBINSON	00:21:52	64.33%	
		9	James KILFIGER	00:22:43	63.90%	
		17	Vernon GIVEN	00:24:45	59.12%	
		26	Ian WATKINS	00:25:16	64.58%	
		30	Gary SPRING	00:25:40	68.70%	PB
		33	Martin PAYNE	00:25:58	65.21%	
		36	David WORSELL	00:26:12	55.85%	
		49	Isla GREENAWAY	00:28:05	52.70%	PB
		50	Ian GREENAWAY	00:28:06	52.91%	
		57	Helen DAVEY	00:28:35	65.07%	
		58	Steve WARNER	00:28:41	59.04%	
		60	Nevenka WORSELL	00:28:53	57.36%	
		70	Simon COOK	00:30:05	50.64%	
		75	David WATKINS	00:31:21	50.72%	
		81	Peter PHILLIPS	00:32:10	53.63%	
		82	Catherine FRANTZ	00:32:18	53.92%	
		83	David NOTTIDGE	00:32:22	52.32%	
		84	Donna DE LUCA	00:32:48	46.65%	
		91	Nick HALL	00:34:02	41.04%	
		97	Theresa DONOHUE	00:35:57	49.70%	
		99	Clare EVANS	00:36:57	48.35%	
		106	Tracey WEBB	00:45:07	35.54%	
		109	Lucy HALL	00:52:45	29.38%	
<u>Bromley</u>		195	Shelly CRUDGINGTON	00:26:36	56.58%	
464 runners						
<u>Horsham</u>		358	Julie BLYTHE	00:33:21	56.57%	

494 runners

[Kingdom](#) 12 Pete HOLMES 00:22:06 61.76% PB

54 runners

[Medina I.o.W.](#) 1 Dan CELANI 00:19:51 69.77%

238 runners

[Nonsuch Park](#) 10 Jeremy GARNER 00:18:00 80.65% PB

655 runners

[South Norwood](#) 48 George ENGLISH 00:25:12 67.79%

119 runners

[Squerryes Winery](#) 15 Jonathon ROE 00:20:22 65.14% PB

146 runners

[Tilgate](#) 21 Dan OPPE 00:21:03 64.37%

369 runners 329 Steve BRINKLEY 00:40:53 40.28%

[Westmill](#) 103 David BEALE 00:40:29 37.96%

109 runners

[York](#) 270 Terri SCOTT 00:27:23 64.39%

515 runners



Lingfield's Thorpe Park 3

Report on running club AGM

Scott McDonald

Our club AGM took place on Thursday 21st April 2022, 8pm in the Victoria Club. There were 27 in attendance and nearly 20 apologies received.

A warm welcome was given to all, and the 2021 AGM minutes were approved, followed by Chair, Team Captain, Secretary, Treasurer, Membership secretary and Event Manager reports.

The competition winners were given their trophies, which Terri has listed at the end of this piece. Congratulations and well done to all!

Well-earned gifts were presented to Terri and Clare following very successful three year tenures held in Secretary and Treasurer roles. I welcomed Tom Cartledge and Graeme Bennett to the club Committee as the new Treasurer and Secretary.

Fiona Brown was drawn out of the hat to take the club London Marathon place and I wish her every success in her training and race later this year. Helen Davey got the reserve London Marathon place. Should anyone else want a London Marathon place then please contact me for further details, as St Catherine's Hospice has a number of available places.

The full AGM minutes will be drafted by Terri and will be available on the website for all to see soon. This meeting was completed in under one hour and we retired to the Victoria Club bar for some well-earned refreshments.

As promised, I purchased a drink for the member displaying the best medals. That went to James Kilfiger, wearing three medals which were all personal bests and included the recent Brighton Marathon!

I have received some good feedback from how our meeting went but, if anyone else (whether you attended or not) wants to give me feedback on how to make the AGM better or more appealing etc, please contact me.

Scott, chair@lingfieldrunningclub.co.uk

A mahooooosive well done from all the committee and club members to the following winners :

President's Trophy - Hannah Cartledge

Ladies' Captain Trophy- Liz McLennan

Ladies' 10K- Michelle Hollins

Ladies' GP- Michelle Hollins

Men's Captain Trophy - Dave Worsell

Men's 10K - Dan Celani

Men's GP - Richard Adams

Trevor Crowhurst handicap series- Nicky Pumford

Trevor Crowhurst handicap series- Martin Faulkner

Trophies were already handed out to Kath Garrido for the Christmas Handicap Race and to Maggie Statham-Berry for the Dennis Crowhurst Handicap Race.

Terri



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Weekly club runs & races

Gary Spring

Bluebell run (yesterday)

We had a good turn-out for the annual Bluebell run yesterday and there are some great photos on the club [Facebook page](#) that captured the moment. Unfortunately, some of my directions were less than perfect, resulting in about four members getting lost in the woods - luckily they bumped into Trevor, who successfully steered them back to the car park. Here we all are, at the start (and before anyone got lost.)



5 km road race, Thursday, 28th April, 7pm (Handicap Grand Prix)

INSTRUCTIONS: (Please Read!)

- parking at the Start is limited to the race volunteers, so please park at the Victoria Club and jog down to the Start, opposite the Racecourse entrance.
- It will be a handicap start, with slower runners going off first. The first group of runners will start shortly after 7pm.

- To give the faster runners an idea of their likely start time, I am expecting there could be up to a 25 minute gap between the first and last handicap groups.
- A marshal will be at the 2.5 km point. Please ensure you run round him.
- If you have your club ID number, please bring it, but new ones, plus pins, will be available at the start.

RACE INFORMATION:

This race is one of the four races in Trevor's Handicap Series and is an 'Out and Back' road run.

The route goes down St Piers Lane, turning round just before the end of the road.

There will be water available at the finish.

This is my first try at handicap times. I understand some of you will not be happy with when you are starting, but please accept it for this time - I will refine the handicaps for the May Races.

If you need more information, please contact me

(membershipsecretary@lingfieldrunningclub.co.uk)

St George's Run, Saturday, 30th April, 10am

On Saturday, 30th April, Scott McDonald will be leading a run from the Victoria Club to celebrate St George's Day. This run has been delayed by a week to prevent a clash with the Memorial Park Run last Saturday at East Grinstead for past member, Karen Sparrow.

The run is all on roads/pavement and will leave from the Victoria Club at 10am. The route goes up to the church at Crowhurst and back, about 5-6 miles in total. Feel free to carry a St George's flag!

Note: Scott is currently nursing an injury to his leg so if you plan to do this run, please check the club [Facebook page](#) nearer the time, in case Scott needs to cancel.

Club Evening Run, Tuesday 3rd May, 7pm

For next Tuesday's club evening run, Tom Cartledge has organised a trail run, taking in Dark Wood. There are two distances, 5 mile and 7 mile. Meet at the Victoria Club for a 7pm start.

May Race 1: Thursday, 5th May, 7pm

IMPORTANT: For May Race 1, I still need four course marshals and one more time keeper. If you do not plan to run next Thursday, but are free to help, please let me know.

(membershipsecretary@lingfielddrivingclub.co.uk)

This race route is just over 7km in length, going down Mill Lane to Dormansland station and loops back through Dormans Park and the golf course. The route has been changed to avoid the road section along Blackberry Lane.

The race will have a handicap start.

There is also a shorter route of about 4 km, available, starting and finishing at the same place as the 7 km race. Members running the 4 km route, can start with the members doing the 7 km route, but will not be timed.

Instructions on where to meet, etc will be provided in next week's newsletter.

The race routes are shown on the club website. Use this link to find them.

<https://lingfielddrivingclub.co.uk/route-maps/>

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And over the next ten days

Editor

Highlighting events in the club [race calendar](#) for the next ten days.

LRC Race Diary

Today   Wednesday, April 27   Print [Week](#) [Month](#) [Agenda](#)

Wednesday, April 27	
6:45pm	LRC coaching (James Kilfiger)
Thursday, April 28	
7:00pm	Club running (5k handicap, racecourse road)
Saturday, April 30	
9:00am	Club running
9:00am	East Grinstead parkrun
10:00am	Club running (St George's Day route)
10:30am	East Grinstead 10 mile
Sunday, May 1	
10:00am	Westminster Mile
10:30am	Haywards Heath 10 mile
10:30am	YMCA Reigate fun run 5m
Monday, May 2	
10:00am	Milton Keynes Half & Marathon
10:00am	Virginity London 10k
10:30am	Burgess Hill 10k
Tuesday, May 3	
7:00pm	Club running (Dark Wood with Tom C)
Wednesday, May 4	
6:45pm	LRC coaching (Ian Greenaway)
Thursday, May 5	
7:00pm	Club running (May Race 1)
Saturday, May 7	
9:00am	National Running Show (South)
9:00am	Bowl Water 10km, Half, Marathon & Ultra
9:00am	Club running
9:00am	East Grinstead parkrun
10:00am	Club running
Sunday, May 8	
8:30am	Richmond Half Marathon (Surrey Road League)
9:00am	National Running Show (South)
9:00am	Run Gatwick Half (GP event)
10:00am	Hedghopper 5 (WSFRL)

If you ever see any errors in the diary, or think we should add an event, please email details to editor@lingfieldrunningclub.co.uk

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Reminders from previous weeks

Club membership fees for 2022/23

Gary Spring

Our club year started on 1st April and we hope you will all renew your membership to LRC. The annual subscription stays at £10 for the year. This includes membership of Victoria Sports & Social Club.

1st April was also the date for renewing your EA registration. This has increased to £16 for 2022/23 year. You only need to pay this if you plan to take part in the Surrey Cross-Country League next winter. It may also be financially beneficial to you to be EA-registered if you plan to enter more than 8 UKA-licenced races between April 1st 2022 and 31st March 2023, where EA registration should save you £2 on the entry cost.

Both the LRC membership fee and EA registration cost should be paid to LRC, preferably using bank transfer to the club account, but cash/cheque to me is also OK. I plan to be at the club every Tuesday and Thursday evening so you could pay me the money then.

Details for LRC bank account

Sort Code: 60-07-17

Account No. 96771046

Reference: Please put your name to make it easy to identify who has paid.

I plan to email everyone who pays, to confirm payment has been received.

So, in summary;

- Please make a payment of £10 to renew your membership to LRC.
- Please make a payment of £26 (£10 + £16) if you want to renew your membership to LRC and pay the EA registration fee

[Gary Spring, Membership Secretary](#)

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New racing round-up writer required

Scott McDonald

I would like to take this opportunity to thank Trevor for his outstanding contribution to the newsletter, with his excellent weekly racing round up!

However, Trevor would like to pass this vital and interesting role over to another volunteer in the near future.

To complete the weekly report, you will need to keep up to date with any races that our members are completing. So please view, and be ready to extract details from, the parkruns and from our club FACEBOOK page, where members often enter details of their races.

If you want, you can do a little research about various races to add to your report, e.g. this weekend five members were in the BRIGHTON MARATHON, so you would collate their times, position and perhaps add in a few lines about the event.

The other part of this role that you may be required to do (in discussion with Trevor) would be to put the results into the club database. The database contains details of everyone's race entries and times - a great piece of club history!

Trevor would give a proper handover and any volunteer would have the opportunity to make suitable changes to the club report.

Please note you would not be a member of the club committee and would not need to attend meetings, but would liaise with Graeme Bennett who is the newsletter editor.

If interested [please contact me](#) ASAP. I would be more than happy for more than one member to share this workload, so please think about becoming involved in our club newsletter.

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Link to book a place for the coaching session

Dave Worsell

We've made a slight amendment to the Wednesday evening coaching sessions to make managing and booking places easier.

You can now book your place for multiple Wednesday sessions in advance. **Please ensure if you intend to join a sessions that you have booked in advance** so the coaches know who will be attending and can structure a session accordingly.

Likewise, if you find you can't make a session please cancel your place using the link in the email confirmation.

Reserve you places here: <https://www.eventbrite.co.uk/e/244287800387>

While these might not be the hottest tickets in town they are probably the sweatiest.

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